

Imagine this: A shroud of darkness trying to overcome you, taking away all hope. You are just like a bird, caged up, with no chance of freedom. You forget to believe in yourself. No one is willing to listen and understand you. I believe in the power of self-belief: the power of believing in myself and trusting my own judgments and opinions.

I have often ever woken up having the feeling that things would not go the way I planned. I have often felt like giving up, feeling like the world was against me, and I had to face everything that lay ahead myself. Have you? I believe that this is the moment when (you and) I have to remind myself that believing in myself is the most important, and trusting my own judgments and opinions count a lot too.

Life is unpredictable, full of twists and turns. You will not know how you will fare in the face of distress or difficulties, you will not know that maybe if you take a step to overcome your fears you will do well. All these reasons justify why we cannot stop believing in ourselves, for only when we believe in ourselves can we overcome adversities and changes.

There was once when I was selected to audition for a prestigious choir group in Singapore. Before the audition, I practised very day and night, never failing to have a smile on my face everytime I finished my practice sessions. After months of practising, the big day arrived. It was finally the day of the audition. During the car ride there, I kept wondering if I made the right decision by going to audition for the choir, I was very apprehensive and kept fidgeting in my seat. How was I supposed to pull off a song in front of people I didn't know? One by one, the other children auditioning for the choir came out. It seemed like less than a minute, probably due to how jittery I was. All the other children did not seem as uneasy as I was! I thought to myself: *I can do it, I'll believe in myself! Maybe this time I'll be able to outshine my brother...* The time came for me to enter the audition room, I felt like digging a hole in the floor and hiding in it, my hands were sweating just as if a hole had opened up in my palm causing sweat to gush out. I fought the urge to run out of the room, it was my one and only chance. Thankfully, I made the decision to believe in myself, telling and encouraging myself to do my best and that the outcome would not matter. I was accepted into the choir eventually and I never looked back on my decision.

I believe that I should believe in myself.

Because the challenges and changes will only help you to find the goals that you know are meant to come true for you.